

Using a Monochromatic Color Scheme for a Serene Bedroom Retreat

Make a single-hued room look inspired with different patterns, tints and textures

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A monochromatic color scheme can suggest the ultimate sanctuary, a place to relax and decompress, leaving the day's stresses at the door. Highlighting a tone-on-tone look can encourage a sense of calm, but choosing one hue can also produce an uninspiring room without the use of shades, tones and tints.



Using painted furniture adds to the overall serene aesthetic in this tone-on-tone bedroom by designer Kelley Proxmire. *Kip Dawkins*

Paint the Ceiling

“It’s important to pay attention to all the materials in the bedroom, such as wood furniture, acrylic or glass tables, upholstered finishes on chairs and sofas, as well as carpets and flooring. I had my bedroom floors bleached a light color and then added a soft pastel rug.

“Mix carefully. Consider finishes on bedside tables, chests, tall chests/armoires and upholstered furniture. I find that using painted furniture mixed with light wood tones helps create a calm look.

“Pay attention to details. Include items that you love, but that do not contrast too much with the color of the room. These details could be lamp shades, as well as lamp bases, wall hangings, mirrors, drapery hardware, color of moldings in the room, and last but not least, the ceiling color. Painting bedroom ceilings is so important because you can appreciate this detail without ever getting out of bed.”

— Kelley Proxmire of Kelley Proxmire Inc. in Bethesda, Maryland